

Cookbook for CREEKSIDE ELEM SCHL

Created by HPS Menu Planner

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French Toast & Sausage Links (PK-4)

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|----------------------|--------------|-----------------------|------------------|
| Servings: | 1.000 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-30910 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|--|------------|
| SAUSAGE TKY LNK BKFST CKD 160-1.025Z | 2 Each | Fully cooked. Heat and serve. CONVECTION, COMBINATION, AND CONVENTIONAL OVEN METHODS: Position patties in a single layer about 1 apart on shallow baking pan sprayed with nonstick spray. Cook according to chart below AND until internal temperature reaches 140°F. as measured by a meat thermometer. CONVECTION OVEN METHOD: Frozen: 9 minutes @ 375 F COMBINATION OVEN METHOD: Frozen: 6 minutes @ 325 F CONVENTIONAL OVEN METHOD: Frozen: 13 minutes @ 400 F | 352740 |
| FRENCH TST STIX WGRAIN 300-.867Z PAP | 3 Each | Bake from Frozen. Convection Oven: Preheat to 325F. Place a single layer of sticks on baking sheet. Bake 8 minutes. Conventional Oven: Preheat oven to 350F. Place in a single layer and bake for 12 minutes. | 646222 |

Preparation Instructions

Bake french toast sticks and turkey sausage according to instructions above.

To Serve:

Place 3 sticks and 2 links in a boat.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 3.000 |
| Grain | 1.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00 Serving

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 280.00 | | |
| Fat | 11.50g | | |
| SaturatedFat | 3.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 165.00mg | | |
| Sodium | 450.00mg | | |
| Carbohydrates | 23.00g | | |
| Fiber | 2.00g | | |
| Sugar | 8.00g | | |
| Protein | 20.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 56.00mg | Iron | 1.72mg |

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon-Roasted Butternut Squash

| | | | |
|----------------------|------------|-----------------------|------------------|
| Servings: | 40.000 | Category: | Vegetable |
| Serving Size: | 4.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-30938 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| fresh 1/2" diced butternut squash | 10 Pound | | 02081 |
| SUGAR BROWN LT 12-2 P/L | 2 Pound | | 860311 |
| SUGAR BEET GRANUL XTRA FINE 4-10 P/L | 1 Cup | | 842061 |
| SPICE CINNAMON GRND 15Z TRDE | 1 Cup | | 224723 |

Preparation Instructions

1. Spread butternut squash evenly across sheet pans in an even layer.
 2. Mix brown sugar, sugar, and cinnamon in a large baggie or a bowl.
 3. Sprinkle seasoning blend evenly across the top of squash.
 3. Roast at 375F for about 20-30 minutes of until fork-tender and starting to brown.
- CCP: Hold at 135F or higher for hot service.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.500 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 40.000

Serving Size: 4.00 Ounce

Amount Per Serving

| | |
|----------------------------|--------------------------|
| Calories | 106.41 |
| Fat | 0.00g |
| SaturatedFat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 2.80mg |
| Carbohydrates | 28.30g |
| Fiber | 1.40g |
| Sugar | 21.60g |
| Protein | 0.70g |
| Vitamin A 7400.00IU | Vitamin C 14.50mg |
| Calcium 33.00mg | Iron 0.49mg |

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Nutrition - Per 100g

| | |
|----------------------------|--------------------------|
| Calories | 93.84 |
| Fat | 0.00g |
| SaturatedFat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 2.47mg |
| Carbohydrates | 24.96g |
| Fiber | 1.23g |
| Sugar | 19.05g |
| Protein | 0.62g |
| Vitamin A 6525.68IU | Vitamin C 12.79mg |
| Calcium 29.10mg | Iron 0.43mg |

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Chicken Alfredo w/Bread stick

| | | | |
|----------------------|--|-----------------------|------------------|
| Servings: | 35.000 | Category: | Entree |
| Serving Size: | 0.00 | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-28449 |
| School: | CUSTER BAKER INTERMEDIATE SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|--------------|---|------------|
| SAUCE ALFREDO FZ 6-5 JTM | 92 3/4 Ounce | Heat sauce to an internal temperature of 145°. Pour sauce into a pan, add diced chicken to sauce. | 155661 |
| CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON | 60 Ounce | Heat in combi for an additional 10 minutes or until temperature reaches 165° . | 570533 |
| PASTA ROTINI 4-5 GCHC | 40 Ounce | Place 1# 4 oz. of pasta in a 1/2 pan. Cover with 6C water. Place pan in combi oven at 235° for 8 minutes. Drain off water and rinse n cold water to stop the cooking action . Drain thoroughly. | 413360 |
| BREADSTICK WGRAIN 1.31Z 10-20CT | 35 Each | | 152211 |

Preparation Instructions

CCP: Heat sauce with chicken to 165° for 15 seconds.

CCP: Hold for hot service at 135° or higher.

Hole pasta in a small amount of water. To prevent sticking you may add a small amount of oil.

To serve: Put 1 C pasta into a serving dish. Put 5 ounce sauce mix on top of the pasta.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.591 |
| Grain | 2.956 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 35.000

Serving Size: 0.00

Amount Per Serving

| | |
|---------------------------|-------------------------|
| Calories | 645.76 |
| Fat | 12.80g |
| SaturatedFat | 5.20g |
| Trans Fat | 0.00g |
| Cholesterol | 58.94mg |
| Sodium | 780.16mg |
| Carbohydrates | 98.45g |
| Fiber | 5.41g |
| Sugar | 9.76g |
| Protein | 33.91g |
| Vitamin A 320.03IU | Vitamin C 0.00mg |
| Calcium 298.58mg | Iron 4.41mg |

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Nutrition - Per 100g

No 100g Conversion Available